

# ST. PAT'S HOCKEY

## PROGRAM PRESENTATION

By Danick Powers





# Contents





# Introduction



## TWO IMPORTANT QUESTIONS TO BE ANSWERED!

- What are you expecting from a High School hockey program?
- Why do you want to register to St. Pat's Hockey?

# Our program structure

- Divided in two blocks: Hockey Profile and RSEQ teams

- **HOCKEY PROFILE (2000\$\*)**

- Opened to everyone (limited spots)

- 4 practices by cycle of 10 days (2 practices a week)

- Practices are from 8h00 to 9h20 (may start at 8h15\*)

- Transportation to school after the practice (9h50)

- Juniors (Sec. 1-2) = Day 2, 5, 7, & 9

- Seniors (Sec. 3-4-5) = Day 1, 4, 6 & 8

- Development of individual skills and individual tactics

- No minimum skills requirement

- About 65 practices and long-term athlete development sports at the end of the year

\*Subject to change



# Our program structure

## RSEQ TEAMS (2200\$\*)

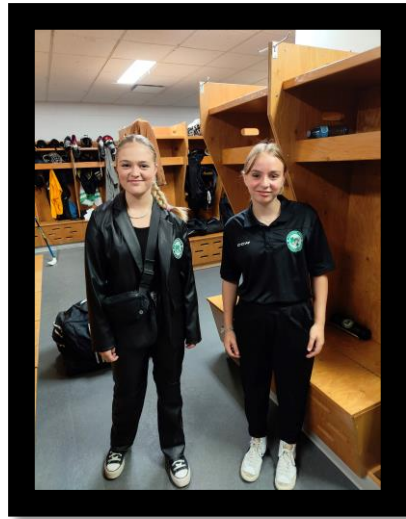
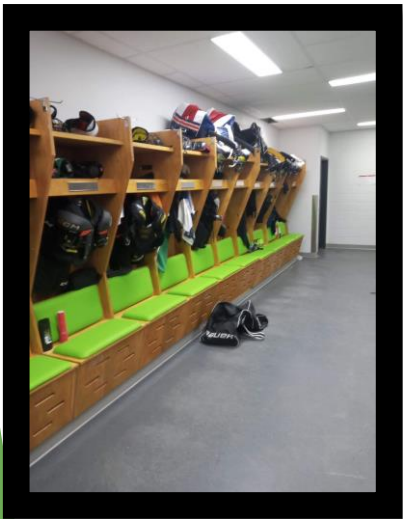
- Opened to elite players in the program
- 1-2 practices after school extra practices per week
- Practices are from 15h45 to 17h00 (Mondays and/or Thursdays)
- 50 games a year in a provincial league (exhibition, tournaments, playoffs)
- One tournament outside of the province
- Off-ice trainings at the school weight room
- Transportation for after school practices and away games (1 hour away or more) and hotel for showcases
  - Physiotherapy service & concussions detection with SHRed
  - Access to your own stall in the Fighting Irish locker room
  - Academic follow-up and rewards for academic success
  - Theoretical seminars, presentation and video sessions
  - Post High School opportunities and exposure

St. Pat's Hockey 2024 Information Document



# Our environment

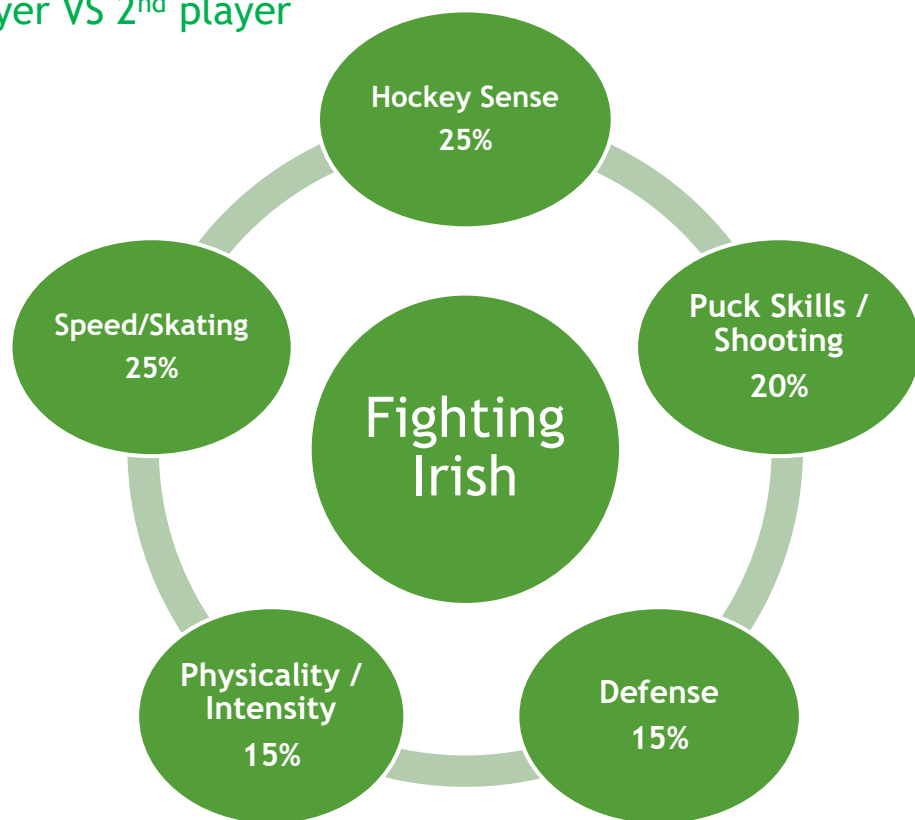
- Home rink: PEPS de l'Université Laval
- Big locker room that can host more than 80 student-athletes
- Wooden stalls inspired from NHL and NCAA teams
- New 2023 jerseys kits (best-looking jerseys in the province!)
- Pants shells for every player
- Inclusive program for international athletes and female players



# The selection process (RSEQ Teams)

- Based on the practices, games, evaluation camp, summer camp\*, other
- Placing the right player in the right development chair
- 5 weighted selection criteria
- 1<sup>st</sup> year player VS 2<sup>nd</sup> player
- Physicality

\*If needed



# St. Pat's Development Plan

- If you are in the program, it's because you are trusting us
- You believe in our development plan for your student-athlete and you want us to work with him
- It's a 4 to 6 years development plan! Remember that hockey player arrive to peak performance at 23 years old!

## OUR PHILOSOPHY

- **Students and human beings** come first
- Developing **good and smart hockey players**
- Opening **post-secondary options**

### U-12

Development program  
D1/D1R

### U-13

D1  
D2

### U-15

D1  
D1B  
D2  
D3

### U-18

D1  
D1B  
D2  
D3

### Post-secondary

PREP School  
College D1/D2  
Junior AAA  
Midget AAA/QMJHL





# TRUST THE PROCESS

**AIDEN AQPIK-SAVARD**

Rookie of the year  
Academic merit



“I tell parents all the time that when you compare your kid to other kids it’s the wrong comparison.

Compare the kid you see this week to the kid you saw last week and watch for improvement.”

- Dave Starman

NHL scout & USA Pro hockey coach

# Expectations & Academics

- Students and academics come first
- Players who are behaving benefits from rewards and players who are not are getting consequences
- Constant communication with teachers, the parents and the administration
- Advisory program and academic advisor to provide school support
- Our program has a 100% graduation rate in Secondary 5 students
- Mathieu Darche Awards to reward the best student-athletes
- Using hockey as a leverage for school
- Intervention and procedures:
  - Academic/remedial contract
  - Follow-up sheets
  - Exam retake options
  - Hockey suspensions (Profile, practices or games)



# Our Coaches

## Danick Powers

- ▶ St. Pat's Hockey Program director
- ▶ RSEQ head Coach
- ▶ Junior & Senior Profile head coach
- ▶ Junior Academic advisor
- ▶ LHPS delegee
- ▶ Skills coaches symposium 2023 - Hockey Québec
- ▶ Skating Mechanics Level 1 Certified - SciencePerfo
- ▶ Bodychecking master trainer - Hockey Québec
- ▶ Coaches' Global Clinic - NHLCA (2020 & 2022)
- ▶ RSEQ Structure d'Excellence coach - QMJHL Predraft (2022 & 2023) & QMJHL Draft (2024)
- ▶ High Performance 1 Certified - Hockey Canada
- ▶ Phys. Ed. teacher at St. Patrick's High School



# Our Coaches

## William Talbot

- ▶ St. Pat's Hockey Program coordinator
- ▶ RSEQ head Coach
- ▶ Senior Profile head coach
- ▶ Senior Academic advisor
- ▶ Competition 1 Certified - Hockey Canada
- ▶ RSEQ Structure d'Excellence coach - Girls Coupe Bélair (2024)
- ▶ Coaches' Global Clinic - NHLCA (2022)
- ▶ French teacher at St. Patrick's High School
- ▶ Bachelor's degree Secondary Education



# Our Coaches

## Olivier Hinse

- ▶ RSEQ associate coach
- ▶ Senior Profile head coach
- ▶ Senior Academic advisor
- ▶ Competition 1 Certified - Hockey Canada
- ▶ French teacher at St. Patrick's High School
- ▶ Playing in the LNAH (Sorel-Tracy Éperviers)
- ▶ Played in the QMJHL (Victoriaville, Québec & Blainville-Boisbriand)
- ▶ RSEQ Structure d'Excellence coach - QMJHL Predraft (2023)
- ▶ Played at Concordia University
- ▶ Team Canada captain in the 2016 Universiade (Kazakhstan)
- ▶ Played professional hockey in ECHL, Denmark & Germany
- ▶ Bachelor's degree Child Studies



# Our Coaches

## Jonathan Gosselin

- ▶ RSEQ head Coach
- ▶ Junior & Senior Profile head coach
- ▶ Senior Academic advisor
- ▶ Competition 1 Certified - Hockey Canada
- ▶ Laval University Student - Secondary Education
- ▶ RSEQ Structure d'Excellence coach - QMJHL Draft (2024)
- ▶ Played in the GMHL & USPHL Premier



# Our Coaches

## Allen Coughlan

- ▶ St. Pat's Hockey Goalie development director
- ▶ RSEQ assistant coach
- ▶ Junior & Senior Profile goalie coach
- ▶ Played hockey for the Sorel Rebelles Collegial D1
- ▶ Goaltender coaching and technical direction for over 20 years
- ▶ Owner of a Goaltender hockey school (Passion Gardien de But)
- ▶ Special presenter at the Paris Way hockey school (subject Geometry and triangulation in hockey)
- ▶ Bachelor's degree Mathematics-Computer sciences
- ▶ Master's degree in Business Administration



# Our Alumni

## Junior AAA / Junior A (Ontario/USA)

- Joey Blouin (Iroquois Falls Storm - Junior A)
- Benjamin Laflamme (Condors CBA - Junior AAA)
- Jérémy Bourdeau (Princeville Titans - Junior AAA)
- Thomas Lavoie (Northumberland Stars - Junior A)
- Krystopher Richard (New England Wolves - Junior A)
- Philippe Grenier (Richmond Generals - USPHL Elite)
- Ajahn Téo-Bérubé (Pennsylvania Huntsmen - Junior A)
- Storm Blackned (Côte-du-Sud Everest - Junior AAA)
- Ryan Massicotte (Côte-du-Sud Everest - Junior AAA)
- Alex Chewanish (Iroquois Falls Storm - Junior A)
- Anthony Breton (Condors CBA - Junior AAA - SUB)





# Our Alumni

## Collégial (D1/D2) & University

- Aiden Aqpik-Savard (Limoilou Titans - D2)
- Camille Marier-Bonhomme (Champlain Cougars - D1)
- Matthew Dumas (Lévis Faucons - D2)
- Justin Dumas (Lévis Faucons - D2)
- Matthew Szelagiewicz (Limoilou Titans - D2)
- Anthony Breton (Sorel-Tracy Rebels - D2)
- Ryan Massicotte (St. Lawrence Lions - D1)
- Tyler Knox (St. Lawrence Lions - D1)
- William Rousseau (St. Lawrence Lions - D1 - SUB)
- Kalum Gendron (Bishop's University - AAU College)
- Austin Hallissey-Cloutier (Bishop's University - AAU College)



# Our Alumni

## PREP School (Ontario/Québec/USA)

- Ajahn Téo-Bérubé (Cushing Academy - Massachusetts)
- Tristan Côté (Paul Smith's College - New York)
- Joey Blouin (Ontario Hockey Academy - Cornwall)
- Kalum Gendron (Ontario Hockey Academy - Cornwall)
- Benjamin Laflamme (Ontario Hockey Academy - Cornwall)
- Austin Hallissey-Cloutier (Norwich Free Academy - Connecticut)
- Victoria Fleury-Wright (Universel College - Gatineau)
- Isaac Hart-Hervieux (Canadian International Hockey Academy - Rockland)
- Isaiah Nuktie (Canadian International Hockey Academy - Rockland)
- Emmanuel Grenier (The Hill Academy - Caledon)
- Ludovic Tessier (Northern Pre-University - Boisbriand)



# Our Alumni

## AAA Structure/Midget AAA/QMJHL

- Noah Larochelle (Victoriaville Tigres - QMJHL)
- Jean Simon-Roy (Séminaire St-François - U-15 AAA Elite)
- Emmanuel Grenier (Séminaire St-François - U-17 AAA)
- Logan Carrier (Canam Beauce-Appalaches - U-15 AAA)
- Camille Marier-Bonhomme (Québec As - U-18 AAA)



If you have any question, contact us on  
Facebook, Instagram or email!

